



Easy Cream Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



151 kcal

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups whipping cream (heavy)

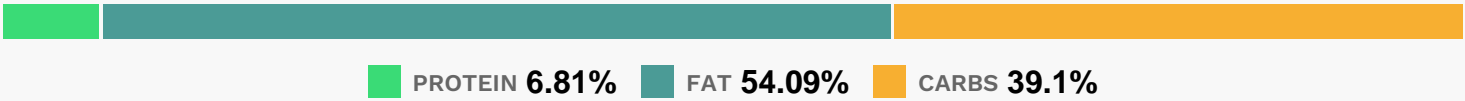
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 450F.
- ☐ In large bowl, mix flour, baking powder and salt. Stir in just enough whipping cream so dough leaves side of bowl and forms a ball. (If dough is too dry, mix in 1 to 2 teaspoons more whipping cream.)
- ☐ Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times, sprinkling with flour if dough is too sticky.
- ☐ Roll or pat 1/2 inch thick.
- ☐ Cut with floured 2-inch biscuit cutter.
- ☐ Place about 1 inch apart on ungreased cookie sheet.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet to wire rack.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:10.27, Inflammation Score:-3, Nutrition Score:3.8408695822177%

Nutrients (% of daily need)

Calories: 151.09kcal (7.55%), Fat: 9.13g (14.04%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.35g (5.22%), Sugar: 0.77g (0.86%), Cholesterol: 28.01mg (9.34%), Sodium: 192.29mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Selenium: 6.93µg (9.89%), Vitamin B1: 0.15mg (9.87%), Folate: 34.35µg (8.59%), Vitamin B2: 0.14mg (8.04%), Vitamin A: 364.44IU (7.29%), Calcium: 68.12mg (6.81%), Manganese: 0.12mg (6.25%), Vitamin B3: 1.09mg (5.46%), Iron: 0.96mg (5.35%), Phosphorus: 52.33mg (5.23%), Vitamin D: 0.4µg (2.64%), Fiber: 0.49g (1.98%), Vitamin E: 0.24mg (1.59%), Magnesium: 5.97mg (1.49%), Copper: 0.03mg (1.46%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.19mg (1.25%), Potassium: 43.24mg (1.24%)